

# SOUTH BEND NEWS-TIMES

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SOUTH BEND, INDIANA, AUGUST 11, 1913

## UNFITNESS OF MEN.

Dr. Walter A. Evans, the Chicago health authority, has given a warning that should be heeded by people unaccustomed to violent physical exercise. He illustrates his remarks by reference to an incident of the meeting of the American Medical association in Los Angeles two years ago.

A number of the physicians in attendance, soft to begin with and further softened by the hospitalities of the occasion, detoured by the way of Grand Canyon and made the descent to the river on foot. "Needless to say," remarks Dr. Evans, "the relief mules worked for hours in getting them back to the train." Commenting on this performance and its result Dr. Evans says that at least two weeks' training, or better still, four weeks, should have preceded an effort to walk to the river and back.

The doctor's comments illustrate the unfitness of the average human being for extraordinary physical strain. To advise that an overstrain of a flabby muscle is liable to stretch it. The heart, he explains, is a hollow muscle, and if it is overstrained and overstretched it may stop beating or be injured beyond repair or temporarily harmed.

During the summer months imprudent exertion of the character indicated by Dr. Evans is quite common. People go to summer resorts and in the exuberance of their feelings, superinduced by a sense of freedom, undertake tasks at which trained athletes might hesitate or engage in sparingly. At society and family picnics physical contests are engaged in which call for extraordinary displays of strength and agility and put a tremendous strain on every unfitted muscle in the body, including the heart.

Fortunately it is rare that anything immediately serious results, but how can we be sure that some lamentable consequence will not follow later? It is a very great imprudence for office men and others following sedentary pursuits to engage in contests of this kind. Their unpreparedness for the necessary exertion is illustrated by Dr. Evans. A fatal, an irreparable or a serious injury is likely to result.

Most men under fifty are reluctant to admit that they are not about as good physically as they ever were, but they are not, and largely for the reason that they do not keep themselves in good physical condition by eating sanely and taking abundant exercise in the open air. This is scarcely less true of men of forty and under, and of men of thirty and under. The human body quickly falls into a condition which may be healthy but which is not equal to extraordinary exertion.

## GAMBLING IN FUTURES.

The country has suffered a statistical loss of 300,000,000 bushels of corn. In a speculative way the farmers of the United States are that much poorer than they were July 1. On the vast of estimation something in the nature of a calamity has been visited upon the country.

Technically it is as if a fire had consumed that much value in perfected agricultural products or manufactured goods.

But the loss is speculative, as we have indicated, rather than real. What does not exist cannot be really lost. The country has not possessed the 300,000,000 bushels of corn which the statisticians inform us we have lost. We had it only in a tentative or representative way. It was represented by a promise contingent upon certain conditions which did not materialize.

That small word "if," with its big significance stood between us and the cashing of that promise. We were promised that with a proper amount of rain we should have 2,672,000,000 bushels of corn, but the rain did not come in the desired frequency and quantity and the promise could not be fulfilled. We are therefore perforce content with what nature has designed to accord us, and this must ever be the case.

We would be spared many similar disappointments but for this predilection for gambling in futures. We are too ready to stake our hopes on a chance and to believe they will be fulfilled until they are suddenly swept away by what might have been more or less anticipated.

The principal benefits of crop forecasts go to the professional gamblers in futures. When there is not an ear of corn or a grain of wheat on the market the predictions of statisticians gives them fictitious material to trade upon.

## WOMEN SET AN EXAMPLE.

A canvass of the women of Chicago entitled to vote developed some interesting experiences for the canvassers and peculiar conditions of mind. While a majority of women were found ready and desirous of

voting a condition of unpreparedness was found to exist.

The canvassers divided the women into five classes in making their reports. The militant, the disinterested, the clinging vine, the "O. K." and those who were not sufficiently conversant with the language to understand what the ballot means.

From this it will be understood that the "O. K." is the larger class, those who have an intelligent comprehension of their rights and a sane purpose to exercise them. The militant is the woman who has real or fancied wrongs to avenge. The indifferent either lacks the intelligence to realize the importance of the opportunity and duty. The clinging vine is the woman who is afraid her husband will not like it, and the ignorant are those on whom the greater part of the work of education must be expended.

And that brings us to the suggestion conveyed by the educational plan adopted by the suffrage societies of Chicago. The ignorant women are instructed as to the principles and purposes of government and the relation of the ballot to it. This instruction is nonpartisan. It seeks to make neither republicans, democrats or progressives, but intelligent citizens of the women.

Such a plan could be profitably employed with the men. The imported citizen gets nothing but partisan instruction under the prevailing system. He is simply coached to vote with the party to which those into whose hands he falls belongs, and he is left in total ignorance of the principles of a republican form of government and the constructions placed upon them by the several parties. In this lies one of the weaknesses of our political system.

## A GOOD CITIZEN PASSES.

Patrick O'Brien's life came to a peaceful end Sunday afternoon. He had been ill for months and hope for his recovery had been abandoned. Nevertheless the announcement of his death will bring a painful shock to the occupants of hundreds of homes this morning.

Mr. O'Brien had been intimately a part of the life and activities of South Bend for many years. He began his career as a man here, he developed his faculties as a business factor and laid the foundation of the enterprise which bears his name with the creative powers of his mind. He grew from youth to manhood a citizen of South Bend, and he gave to his adopted city the best he had as a constructive man and citizen.

In many ways his life was a fine example for the emulation of the young. In the beginning he was a carriage painter. He rose to the superintendency of the painting department of the Studebaker carriage works. He invented a process of use to carriage makers and engaged in its manufacture. He began in a small way, but developed. The manufacture of his invention led to the making of varnishes, and in the manufacture of this article his industry now ranks among the leading ventures of the kind in the country. He had initiative, intelligence and industry and the result is seen in his achievement.

When the civil war broke out Mr. O'Brien responded to his country's call and gave the service of a brave and ardent man, and in like manner he has cheerfully responded to every call made upon him by the community of which he was a part. No citizen of South Bend has been more public spirited, more deeply concerned for the welfare of the city.

He had the kindness of heart and the consideration for his fellows that comes from the warm Irish blood that pulsed in his veins, his charity was broad and generous, his sympathies deep and far reaching. Surrounded by a happy family and regarding his hearthstone as the dearest spot on earth he was profoundly appreciative of the value of the home as the unit of the state.

The genial smile and the hearty handshake with which he greeted his friends will never be forgotten by those who enjoyed the favor of his friendship, nor will they cease to recall the flow of his thought, seasoned with the wisdom of experience and flavored with wit and humor as spontaneous as they were rich and wholesome.

A charming man and a good man has gone to his rest. The loss is irreparable, but the memory of his noble character is an inheritance that will be sacredly cherished.

Very properly safeguards will be thrown about Mr. Lind despite the assurance of the Mexican government that he will be protected. Events have not created the utmost confidence in the Mexican government.

It should jar Huerta when John Lind hands him the message that the United States cannot recognize his government, but it may not bring him to a realizing sense of his situation.

# THE MELTING POT

## A LEVELING THOUGHT.

(Founded on Fact.)  
I pass him now with haughty scorn.  
His clothes are not as good as mine.  
In my esteem 'twere just as well  
That he were never born.  
So far below my proud estate  
His humble life employs;  
And yet, in truth I must relate,  
He licked me once when we were boys.

Twenty years ago we said in the antecedent of this column that the telephone had become an indispensable nuisance. We think we will be supported in the statement that the character of the instrument has not changed.  
The telephone has changed in one respect. Its indispensability has increased. The world's business today could not be conducted without it. But as a nuisance it holds its old familiar place.  
We might cite instances, but why pile—what was that old Greek phrase?

ON a sheet of suffrage songs is printed this verse expressive of woman's estimate of man's ability as a lawmaker for women:  
"Man now makes the laws for woman,  
Kind, too, at that."  
And they often seem as funny  
As a man-made hat."

A MAN made hat, we admit, is more humorous than a man maid hooking his wife's dress.

HENRY WARD BEECHER once said that "Sunday is the common people's great liberty day, and they are bound to see to it that work does not come into it." That remark was made a good many years ago and the common people have not only kept Sunday comparatively free from work but have added the half holiday on Saturday.  
They have also reduced the hours of labor to eight in many trades, thus going farther, perhaps, than the Plymouth pastor anticipated.

The truth is that the world is steadily growing more sane on the subject of work.

Not and Pennant Seeker.  
(Correspondent of Laura Jean Libbey.)

The last time he came was Christmas night, when he brought me a beautiful manuring set and I gave him a large pennant. Since then I have not heard a word from him, and it almost breaks my heart.

THOSE Denver hotel keepers who boosted the rates before the Knights

Templar started for the conclave were too impetuous. A guest a thousand miles from home is worth his dozen who have time to back out.

OUR suffragets have overlooked a major has been pledged to put on women policemen.

## WEALTH.

I had the sweetest thought one day, As I watched a little child play.  
He held a rose-bud in his hand,  
And he waved it like a crimson wand.  
His cheeks were as soft and as rosy red

As any flower, and his pretty head  
As I watched with curly, yellow hair,  
That fluttered, wind-tossed, every-where.  
But his clothing were old and soiled  
And torn,  
And his mother's face was sadly worn,  
And his father's back was bent with care,  
And the home was empty and dull and bare.

My heart reached out in sympathy  
That was not pity, for I could see,  
The only gold they ever knew,  
Was the living, clinging gold that grew  
On the head of their lovely little boy.  
Their was a sweeter, greater joy  
Than the empty pleasure that wealth affords,  
And I sought and sought in vain for words

To fitly picture the holy bliss,  
That a mother feels in her baby's kiss.  
Beatrice E. Harmon.

WE believe the troussau party is an innovation that has not been introduced in South Bend. But we are not discouraged. We may be a little late in attaining this new height of social dissipation, but we are certain to get there in time. To the initiated the troussau party need not be explained. With the others it does not matter so much.

IN a way the troussau party is democratic. It leaves no room for special privilege and makes way for that broader and more intelligent discussion of the bride's outfit which is more general in its benefits than the specific knowledge of a special few conveyed by word of mouth at the bridge clubs.

THIS is not the only respect, however, in which communities might be benefited by a wider knowledge.  
C. N. F.

# The Three Little Crones

## AS TOLD BY AUNT GERTIE.

"I'll fix that young princess yet," said the queen to herself. "She shall not marry my son."  
With this idea in her mind, she went a third time to the princess and said: "I have another test for you. I want you to sew these shirts and they must be done as well as I do them or else you may not marry the prince."

The unhappy princess could not refuse, but she wondered what in the world she would do. The shirts were sent up to the tower room. The princess followed. For the third time she was left alone with this before her.

"A kind old woman helped me each time before," said the princess to herself. "But I cannot hope for such thoughtfulness a third time. She thought and thought and thought. She turned the shirts over; looked at the needle and thread, and then looked out of the window, disconsolately. 'I never can do that well enough to win my prince,' she moaned. At that minute the door opened ever such a small way. In walked another old woman. She was as odd-looking as the first two had been. But some way she was different. She had very large thumbs."

"Peace be with you," she said to the girl.

"And peace be with you," answered the girl.

"Why are you so sad, my dear?" asked the visitor.

"I have been ordered to sew these shirts. If I don't do them very, very nicely I shall lose the prince, whom I love, tomorrow at daybreak."

"Oh, is that all," said the old woman.

Conviction that the so-called citizens' movement is legitimate will have to come from some more reliable source than the Tribune, which is noted for freak breaks.

"Look to your interests," shouts the Tribune, and the vote at the democratic primaries and the nomination of Jim Loughman make it look as if the people were doing it.

Gov. Sulzer has made too much noise to escape the come-back, if it possible to reach him. Political feuds in New York are as deadly as the family feuds of Kentucky.

Millions left by victims of the Titanic wreck are being distributed among their heirs. Rarely has the sea caused the transfer of so much property.

If Pres. Huerta fails to protect the messenger of peace disinterestedly sent by the United States he cannot expect aid or sympathy from any source.

O, yes, it is easy to talk about the "big and broad" purpose of a so-called citizens' movement. It is another thing to show the people.

Now "September Morn" has been barred from the mails. The last, fell blow to art, as expressed in "September Morn."

There is many a good republican who would like to see Jim Loughman elected mayor and who will pay him the tribute of a vote.

Some relief for the sizzling west

# SURGERY MINUS DEATH

Wonderful New Discovery of American Doctor Announced to  
World's Medical Men—Prevents Pain and Shock After  
Operation—Less Than One Percent in One Thousand Operations.

DR. GEO. W. CRILE.

The graybeards of medicine are sitting at the feet of a young American from Cleveland, O.

This young man, it appears from medical journals, has all but barred the angel of death from the operating table.

His name is George W. Crile. Despite his youth, he has long been a noted surgeon. It was he who was called to the deathbed of E. H. Harriman to decide if an operation would save the railroad wizard. He decided that it would not.

The news in the medical world is that Crile has invented a method which frees surgical operations from shock—from the agony following the knife!

Do you know what that means? You thought, perhaps, that the use of chloroform and ether and other forms of anesthetics keeps the patient from feeling the pain of an operation. It does but—only while the actual operation is in progress.

The use of ether or chloroform has never been able to free the patient from the terrors of anticipating the operation. They have not softened the awful night of pain and fear immediately following an operation. In a word, they have not been able to prevent a terrific shock to the entire human anatomy. And time out of time you've heard of operations that were entirely "successful," but the patient died of shock.

Dr. Crile's discovery has just been formally announced before a great meeting of eminent surgeons in London, where his method and his name were accorded the greatest honor. Following that meeting, London "Lancet", the greatest medical journal in the world, secured from Dr. Crile a description of the new surgery. His paper in "Lancet" was lengthy, and was written especially for the eyes of medical men, but from the article we have secured the following brief account of "Surgery Without Shock".

When the patient comes to his hospital, he examines him carefully. He finds out, first, what operation is necessary. Then, if he finds that the case, in his opinion, is one upon which he can properly operate, he places the patient under treatment for a day or two. He realizes that it is the personal fear and the reactions from the knife's pain that causes deaths from shock—in a word, that these are shock. So he systematically goes about removing this fear and eliminating the pain.

The treatment of the patient consists of putting him under the influence of anesthetics. Dr. Crile uses practically three kinds of anesthetics. One kind is called local. Cocaine is of this type. Cocaine put on the flesh stops all sensation in the part to which it is applied. Dr. Crile uses a preparation similar to cocaine.

And he also uses an anesthetic like ether or chloroform that puts the patient to sleep. He uses these two once or twice under the form of treatments. The first time the patient takes them he is assured that he is not to be operated upon. He falls into a pleasant sleep and when he wakes he feels fine.

The next day the same thing is done. By the time the third day arrives the patient has lost all fear of taking the stuff the doctor gives him.

This time, after he has fallen asleep, he is wheeled into the operating room and the operation is performed. Then another substance is injected into the tissues around where the operation has taken place which prevents the sensation of pain, and this effect of absence of pain lasts for several days after the operation has been performed.

After the work of the knife is completed the patient is put back in bed. When he wakes he doesn't feel any pain and he is not conscious of having undergone any unusual experience.

By the time the effects of the drug wears off, so that all reason for pain, and all the patient has to do is wait until the muscles that have been separated in the operation grow together again so as to be as active as he ever was.

The preparation Dr. Crile uses to

## GOT IN THE WRONG HOUSE

Nels Norblad Must Answer to Charge of Intoxication.

Nels Norblad was arrested Sunday night charged with drunkenness. Before his arrest Norblad attempted to pay a visit to the home of Atty. Charles Hagerty, 203 S. Taylor st., but was forcibly ejected. He picked himself up on the sidewalk and began filling the air with sundry expletives and the wagon was called. Norblad was released some time ago from Logansport asylum, according to the police.

## BOY SHOTS HIS BROTHER

PONTIAC, Mich., Aug. 11.—While firing at a hawk in the country near here, Morris Benjamin, 12 years old, accidentally shot and killed his brother, Harold, 14 years old.  
The boys are the sons of Frank Benjamin of Indianapolis, and were visiting the home of their uncle, Arthur Benjamin.  
The mother of the boys died suddenly two years ago while visiting at the same place.

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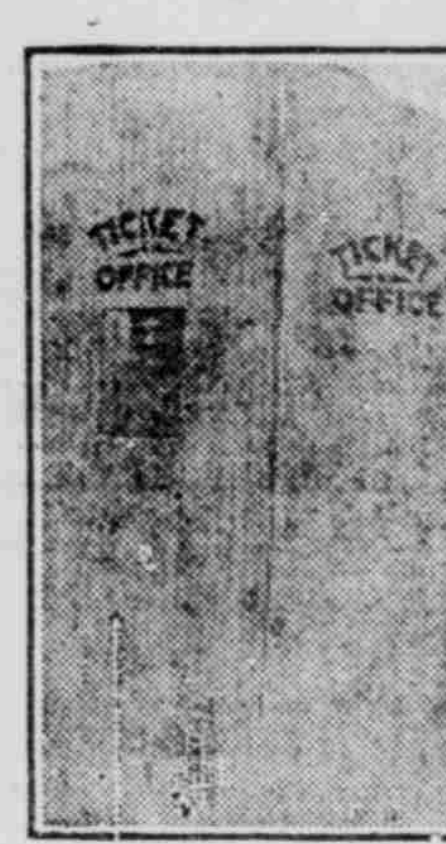
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TRY NEWS-TIMES WANT ADS

# CHAUTAUQUA

## SEASON TICKETS.



In arranging to inaugurate this chautauqua this year the local committee bought 1,000 \$2.50 season tickets, which will be sold while they last by them for \$2.00 each.

When these tickets are exhausted no season tickets thereafter can be had for less than \$2.50. Also, the price of season tickets will not be reduced from the first day to the close of the chautauqua.

The single admissions to the different sessions of this chautauqua aggregate more than \$5.00, so it will pay you to buy a season ticket even after the program is half completed. For the single admissions to the respective entertainments see program.

Season tickets are non-transferable except within the owner's family.

CHILDREN'S TICKETS admit children aged six to fourteen years inclusive. Only child's tickets will admit children to the children's work.



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